

EATING WELL IN WINTER

Welcome to Eating Well in Winter.

We hope you will enjoy cooking our budget friendly recipes at Christmas time and throughout winter.

Recipes are tried and tested by our Community Food Workers. They are nutritious, taste good and will help you to eat a balanced diet to keep well in winter.

You can also find some wellbeing information and links to national and local support and information.

On behalf of the Joint Health Improvement Team I would like to wish you a happy and healthy time over the festive period.

Best Wishes

**Nichola Sewell
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Public Health Communities Team**

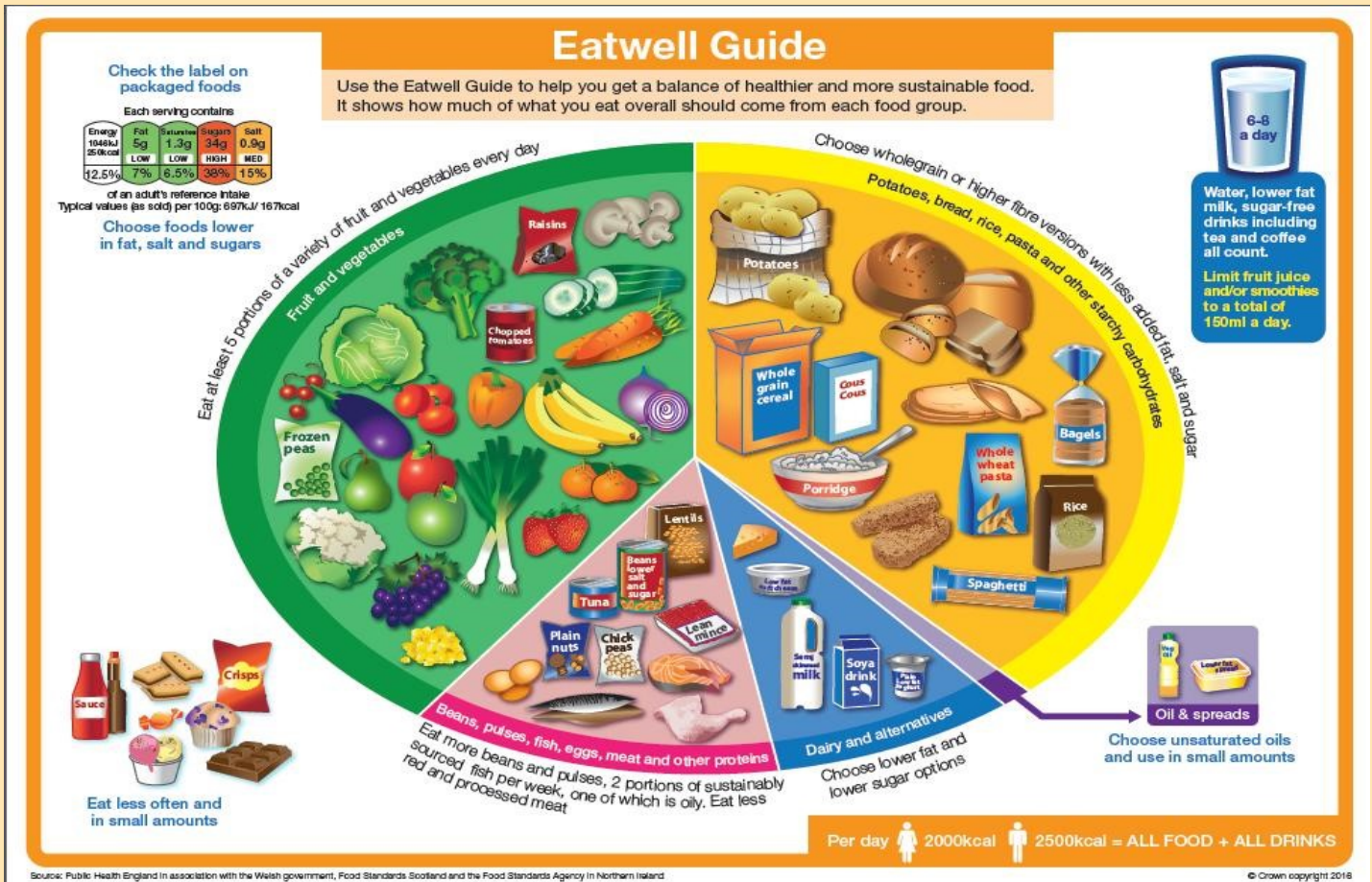


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Key Messages for Eating Well

The Eatwell Guide shows the different types of food and drinks we should consume and the proportions we need to achieve a balanced diet.

You do not need to achieve this balance with every meal, try to get the balance right over a day or even a week.



Eatwell Recommendations are on page 5.

Eatwell Recommendations

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible.
- Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options.
- Eat some beans, pulses, fish, eggs, meat and other proteins. (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts.
- Drink 6-8 cups/glasses of fluid a day.
- If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.
- Eatwell Guide does not apply to children under 2. (See Early Years Recommendations below)
- Between the ages of 2 and 5, children should gradually move to eating the same foods as the rest of the family.
- Applies to most people regardless of weight, dietary preferences or ethnic origin.
- Anyone with special dietary requirements or medical needs might want to check with a registered dietitian on how to adapt the Eatwell Guide to meet their individual needs.

Find out more about the Eatwell Guide here:

- <https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/eatwell-guide-how-to-eat-a-healthy-balanced-diet>

Find our more food facts here:

- [Food Facts | British Dietetic Association \(BDA\)](#)
- [Fruit and vegetables - how to get five a day | British Dietetic Association \(BDA\)](#)

Early Years Recommendations

Cow's Milk and other dairy products

- Be aware if baby has been diagnosed with a cow's milk allergy - check label for ingredients and use unsweetened calcium fortified cow's milk alternative.
- Babies under 12 months old should not be offered cow's milk as a drink, however whole milk can be used within cooking at this stage.

Salt

- Do not add salt to your babies food.
- For families with babies 6-12 months, use water instead of stock (the crumbled stock cube can be stirred in once baby's portion is taken out)
- Avoid offering foods high in salt such as bacon, sausages and other processed foods - avoid gravy and ready made sauces.
- Do not add salt to any food and drink for babies and young children as they develop a taste for salty foods.

Portion Size

- Remember children have much smaller tummies than adults so require smaller portions
(All recipes in the booklet are for adults)

Vitamin D Recommendations:

Scottish Government advice is that everyone should consider taking a daily Vitamin D supplement during the autumn and winter months because the body doesn't make enough from direct sunlight.

The Food Standards Agency are running a Vitamin D Campaign to increase awareness and vitamin D uptake during winter.

Did you know?

During the winter months in Scotland (October – March), we are unable to get enough vitamin D from sunlight.

We recommend everyone takes a 10 microgram supplement of Vitamin D daily during winter.

Vitamin D is important for bone and muscle health.

It is very difficult to get enough Vitamin D from food.



About the campaign

To make sure that people in Scotland stay healthy during the winter months, we recommend everyone takes a daily 10 microgram supplement between October and March.

Those groups at a higher risk of deficiency are recommended to take it year round:

- Pregnant and breastfeeding women
- Infants and children under 5
- People who have low or no exposure to the sun, for example those who cover their skin for cultural reasons, are housebound, confined indoors for long periods or live in an institution
- People from minority ethnic groups with dark skin such as those of African, African-Caribbean and south Asian origin, who require more sun exposure to make as much Vitamin D



**Support bone and muscle health
this winter with 10 micrograms
of vitamin D each day.**



For support and information please visit: foodstandards.gov.scot/vitamin-d

FREE Healthy Start Vitamins

HEALTHY START



FREE Healthy Start Vitamins are available to all Pregnant Women in Scotland, these help improve mother and babies health, they provide:

Vitamin C

Vitamin D

Folic Acid



To get your **FREE** bottle of Vitamins please contact **your Local Midwife** or the **Joint Health Improvement Team** [01835 825970]



FREE

FREE Vitamin D Supplements



FREE Vitamin D supplements are available for all Breastfeeding Mothers in Scotland.



To get your **FREE** bottle of Vitamins please contact the **Joint Health Improvement Team [01835 825970]**



FREE

FREE Vitamin D Supplements



FREE Vitamin D supplements are available for all young children under 3 years old in Scotland.



This includes:

- Breastfed Babies
- Mixed Fed (breast milk and infant formula) babies that have less than 500ml (around 1 pint) infant formula every day
- Formula fed babies should not be given vitamin D supplement until they are having less than 500ml (about 1 pint) of infant formula per day, as infant formula contains added vitamin D

To get your **FREE** bottle of Vitamins for your child please contact your **Local Health Visitor** or the **Joint Health Improvement Team** [01835 825970]

VITAMIN D

FREE



Keeping Active

Regular physical activity is an important part of living well. People who lead an active lifestyle are more likely to live longer and less likely to develop serious illnesses and health conditions.

Walking is a great way to keep active, it is low cost and often the first step to becoming more active.

Here are some tips to get started:

Go for a walk on your own, take a friend or join a group.

Wrap up warm, take a flask of soup and enjoy going out for some fresh air.

Walk in the daylight.

Take the dog out, go a different route.

30 minutes of walking builds strength and stamina or do it in small blocks of 3 x 10 minutes.

Walking everyday releases feel good hormones and keeps you well.

Any exercise helps you sleep better.

Find out more about the health benefits of exercise and ideas on how to keep active here:

- <https://www.nhsinform.scot/healthy-living/keeping-active>
- https://www.scotborders.gov.uk/info/20032/parks_and_outdoors/632/walking

Join a Walk-It Group in your area:

- https://www.scotborders.gov.uk/directory/28/walks_and_trails/category/694



Winter Wellbeing calendar

30 things to give you hope



Be Kind, Enjoy and Learn, Nurture, Be Active, Belong, Be Aware

1 Wrap up, go outside and take notice of what's around you	2 Call, text or arrange to meet with a friend	3 Have some digital downtime today and switch off your device
4 Read a book	5 Connect with nature	6 Do a random act of kindness
7 Take part in a gentle exercise video online – <u>try mindful stretching</u>	8 Download a mindfulness App – Calm or Headspace	9 Do something to relax like having a bath
10 Learn some <u>breathing exercises</u> , they can help you to cope with stress	11 Find out about activities and groups in your local area and go along to one	12 Take control of your finances with the <u>Money Worries App</u>
13 Watch a film or dance and sing to your favourite songs	14 Do a puzzle or crossword to keep your mind active	15 Go somewhere that makes you feel good
16 Try to <u>eat and drink</u> more healthily today	17 Remember to <u>be kind to yourself</u> today	18 Tidy up outdoors or pick some litter
19 Ask a friend how they are and <u>start a conversation about mental health</u>	20 Write a list of things you can do or you hope to achieve	21 Learn some <u>copng skills</u> for managing stress today
22 Allow your mind to wander, daydream and hope	23 Give someone a compliment or smile at someone today	24 Take a small step towards a goal today
25 Check out the mental wellbeing courses at <u>Togetherall</u> today	26 Prioritise your sleep today - <u>these video tips could help</u>	27 Take some time out, watch one of Health in Mind's <u>wellbeing videos</u>
28 Go for a walk outside	29 Volunteer your time	30 Do something creative

The underlined text are links to web pages including the Wellbeing College bitesize videos on YouTube. Find out more: www.wellbeingcollege.org.uk/courses/bitesize_videos/d238/

For information about support and ways to be well, visit www.nhsborders.scot.nhs.uk/wellbeingpoint
For emotional support call Breathing Space on 0800 83 85 87 (evening and weekends) or for urgent mental health support call NHS24 Mental Health Hub on 111 (24/7)



@SmallChangesNow

Easy Christmas Food

On the following pages you will find some low cost recipes that can be cooked from scratch by:

- Making the best use of local seasonal ingredients and local offers available at Supermarkets.
- Using dried, tinned, fresh or frozen foods.
- Saving time by cooking ahead and freezing.
- Money and Energy saving tips.
- You can also find all you need to prepare a Christmas meal and make best use of any leftovers.

Recipes

Curried Parsnip Soup

Red Pepper & Courgette Soup

Oven Roasted Turkey/Chicken with Vegetables

Easy Turkey Gravy

Sage, Onion and Apple Stuffing

Hedgehog Potatoes

Roasted Herby Carrots

Brussels Sprouts & Garlic

Favourite Nut Roast

Vegetarian Gravy

Christmas Mince Pies

Oatie Raspberry Slice

Easy Berry Trifle

Christmas Shortbread

Fruity Turkey or Chicken Salad Wrap

Roast Veg Leftovers & Spicy Chickpea One Pot

Curried Parsnip Soup

Ingredients: Serves 4

1 tbsp vegetable oil
1 medium onion
1 large clove garlic (optional)
3-4 medium parsnips
1 medium potato
1 tsp mild curry powder
*1 vegetable stock cube + 800ml freshly boiled water



***If serving to babies 6-12 months - leave out the stock cube and use boiled water only**

Method:

Peel and chop onions, potatoes, parsnips and garlic.

Boil the kettle, pour water into a measuring jug, *crumble in the stock cube and stir until fully dissolved.

Heat the oil in a medium pan over a medium heat.

Add the chopped onions cooking for 2-3 minutes until soft.

Add in garlic, parsnips and potatoes then cook for another 5 minutes on a low heat.

Stir in the curry powder and cook for 2 minutes on a medium heat.

Add water or stock slowly stirring well, bring to the boil then turn down the heat, cover with a lid and simmer gently for 25 minutes or until parsnips are soft.

Remove from the heat and blend with a hand blender for a smooth texture.

Top Tip:

If no hand blender use a potato masher.

Use frozen parsnips instead of fresh.

Add a dash of milk for a "creamier" taste.



Red Pepper and Courgette Soup

Ingredients: Serves 4

1 Tbsp Vegetable Oil
1 Onion, Large
2 Garlic Cloves (Optional)
2 Red Peppers
1 Carrot
1 Medium Courgette
1 Tin Chopped Tomatoes (400g)
*1 Vegetable stock cube + 550ml freshly boiled water

***If serving to babies 6-12 months - leave out the stock cube and use boiled water only**

Method:

Peel and chop the onions, carrot and garlic.
Wash and chop the red pepper and courgettes.
Dissolve the stock cube in boiling water.
Heat the oil in a large saucepan, add the onions and cook for 5 minutes stirring occasionally.
Add the garlic, peppers and courgettes, cook for a further 5 minutes.
Then add the tomatoes and stock to the saucepan.
Stir well, and then leave to simmer over a gentle heat, for about 20 minutes.
Remove from the heat and blend with a hand blender for a smooth texture.

Top Tip:

Frozen vegetables can be used instead of fresh.
Add a dash of milk for a “creamier” taste.
Sprinkle with mixed herbs.
Mash the soup with a potato masher for a chunkier texture.



Oven Roasted Turkey/Chicken with Vegetables

Ingredients: Serves 4

1 x 800g Turkey Breast Joint (Frozen to be Defrosted, See Below)
8 Chipolata Pigs in Blankets
1 Tbsp Low Fat Spread
Black Pepper to Season
1 Orange (Cut in Half)
2 Large Onions (Red or White)
4 Medium Carrots
2 Medium Parsnips
125g Brussels Sprouts
200ml Freshly Boiled Water



Method: Pre-heat Oven 200C/Fan 180C/Gas Mark 6

Place joint in fridge to defrost for 24-36 hours.
Use a large deep baking tray that fits your oven.
Peel and slice long ways carrots and onions.
Place in tray and add defrosted joint on top and wash hands.
Cut orange in half and place under skin of joint and wash hands.
Rub spread on top, add pepper and wash hands.
Pour over 200ml of freshly boiled water around the vegetables.
Loosely cover the turkey with large piece of foil.
Place in oven and cook for 45 minutes.
Meanwhile peel and cut brussels sprouts in half and cut the parsnips lengthways.
Using oven gloves take the turkey out of the oven and baste with turkey juices from the tray.
Add the brussels, parsnips and chipolata pigs in blankets.
Cook for 35 minutes uncovered.
Take out and baste again returning to the oven for another 20 minutes uncovered.

To check if the turkey breast joint is ready, place knife in deepest part of breast/leg joint and if juices run clear and the texture is soft the turkey is ready. If you need to cook further put back into the oven for another 5 minutes and check again, repeat if necessary.

When the turkey is ready, remove from the tray and rest covered for 15 minutes.

Top Tip:

When slicing turkey use a sharp knife, spoon over some of your turkey juice to keep it moist, cover with foil and keep warm until ready to serve.

Use turkey juice to make the turkey gravy on **page 16**.

If using chicken breast reduce cooking time to 1hr 15 minutes, check it is cooked through and not pink in the middle.



Easy Turkey Gravy

Ingredients: Serves 4

Pour excess turkey cooking juices from roasting tin into a pan

2 Tbsp Cornflour

*1 Vegetable stock cube + 550ml freshly boiled water

Add Pepper to taste (optional)

***If serving to babies 6-12 months - leave out the stock cube and use boiled water only**

Method:

2 tbsp cornflour mixed with cold water to make a paste.

Pour the turkey juices into a pan with vegetable stock and bring to the boil.

Then reduce to a medium heat then stir or whisk in the cornflour paste until gravy thickens.

Then reduce the heat and simmer gently for 5 minutes.

Add pepper to taste.

Pour over carved turkey joint or place in a gravy jug and serve.

Sage, Onion and Apple Stuffing

Ingredients: Serves 4

1 Large Onion Peeled and Finely Diced

1 x 170g Sage and Onion Stuffing

1 Apple Peeled then Grated

425ml Freshly Boiled Water

1 Tbsp Sunflower Spread



Method: Pre-heat Oven 200C/Fan 180C or Gas Mark 5

In a medium pan melt spread, add onions and cook for 5 minutes on a low heat until soft.

Remove pan from heat and cool. (approx 15 mins)

Place stuffing in a large bowl, then stir in grated apples and diced onions.

In a jug measure out water and add to mix then stir. Let mix stand for 5 minutes.

Place the mixture into a greased shallow ovenproof dish, place a few small dots of spread on top or make into 12 balls and place on a lined baking tray.

Bake in oven for 25-30 minutes until golden brown.

Hedgehog Potatoes

Ingredients: Serves 4

8 Medium Potatoes

2 Tbsp Vegetable Oil



Method: Pre-heat Oven 200C/Fan 180C or Gas Mark 5

Wash the potatoes.

Cut thin strips across the potato, making sure you don't cut right through.

(tip: lay in a dessertspoon or wooden spoon and slice)

Place the potatoes on a baking tray and drizzle with oil.

Then cook in oven for 30 minutes, take out and baste potatoes with the hot oil carefully, then turn tray.

Roast in oven for another 20 - 30 minutes until potatoes are cooked through and golden.

Roasted Herby Carrots

Ingredients: Serves 4

8 Carrots, Peeled and Cut into Lengths and Halved
2 Tbsp Low Fat Spread
1 Tbsp Mango Chutney (Optional)
1 Tbsp Dried or Fresh (Parsley or Thyme)
Pepper to Season (Optional)



Method: Pre-heat Oven 200C/Fan 180C or Gas Mark 5

Take a sheet of foil big enough to place carrots in and make a pocket.
Cover foil with some spread and lay carrots in, dot with spread, mango chutney, pepper and parsley.
Cook for 45 minutes to 1 hour, open the foil for the last 10 minutes to crisp up.

Brussels Sprouts and Garlic

Ingredients: Serves 4

300g Brussels Sprouts – Cut in Halves
50g Smoked Bacon, Snipped to Small Pieces (Optional)
1 Small Red Onion, Finely Chopped
1 Clove of Garlic, Grated
1 Tbsp Low Fat Spread
1 Tbsp Finely Grated Parmesan Cheese (Optional)
Pepper to Season (Optional)



Method

Melt spread in a frying pan and add the bacon (**optional**). Keep the heat low to release the flavours.

Add the garlic and onions, cook on a low heat for 5 minutes to soften while this is cooking.

Steam sprouts for 4 minutes or cook in a little water for 4 minutes, just to partly cook them.

Turn heat up in frying pan and add sprouts, toss for 3 - 4 minutes or until they take on a little colour or until soft (Remember larger sprouts will take longer).

To Serve: Sprinkle with pepper and cheese (Optional).

Favourite Nut Roast

Ingredients: Serves 4-6

2 Medium Onions, Skinned and Finely Diced
1 Red Pepper, Washed, Remove Seeds and Finely Diced
2 Sticks of Celery, Trimmed and Finely Diced
1 Carrot, Peeled and Grated
85g Unsalted Mixed Nuts (Cashews, Hazelnuts, Peanuts, Almonds), Finely Chopped
115g Breadcrumbs (Available in most Supermarkets)
1 Tsp Dried Mixed Herbs
Pepper to Season
2 Eggs, Lightly Beaten
1 Tbsp Tomato Puree
1 Tbsp Sunflower Seeds

Method: Pre-heat Oven 200C/Fan 180C or Gas Mark 6

Mix the onions, pepper, celery, carrots, nuts, breadcrumbs and mixed herbs in a bowl, season with pepper and then mix in the eggs and tomato puree.

Line a loaf tin with baking paper, spoon the mixture into the loaf tin and press down firmly using the back of a spoon. Then sprinkle over the sunflower seeds.

Bake in the oven for 1 hour 15 minutes, until the top is crisp and a skewer inserted into the centre comes out clean.

Ease the sides of the roast gently away from the tin with a sharp small knife, leave to stand for 5 minutes.

Turn the loaf carefully out onto a board, turn again onto a warmed serving plate. Serve thick slices of roast with your usual Christmas dinner trimmings.

Top Tip:

Serve with vegetarian gravy. (see page 19)



Vegetarian Gravy

Ingredients: Serves 4+

1 Tbsp Vegetable Oil
2 Onions, Skinned and Finely Diced
2 Tbsp Plain Flour
1 Vegetable Stock with 400ml Boiled Water
1 Tsp Fresh or Dried Parsley or Thyme

Method:

Heat the oil in a saucepan, add the onion, cook on a low heat for 5-8 minutes, until softened. Add the flour and stir for 2-3 minutes. Turn the hob up to a medium heat, gradually stir in the vegetable stock, allow to simmer until thickened to your preference, add more stock if needed. Add a sprinkle of thyme or parsley.



Christmas Mince Pies

Ingredients: Makes 12

1x 250g Jar Mincemeat
Icing Sugar (Optional)
8oz or 250g Short Crust Pastry



Method: Pre-heat Oven 200C/Fan 180C or Gas Mark 5

Roll out pastry and cut into rounds and put in a shallow greased bun tin, leaving enough pastry spare for the top.

Put 1 teaspoon mincemeat into each pie.

For the topping cut pastry into stars and place on top.

Bake for 15-20 minutes or until lightly golden.

To Serve: Dust with a little icing sugar.

Oatie Raspberry Slice

Ingredients: Makes 12

75g Plain Flour
55g Sunflower Spread
60g Rolled Oats
Pinch Cinnamon (Optional)
50g Caster Sugar
85g Handful Raspberries (Fresh/Frozen & Defrosted)



Method: Pre-heat Oven 200C/Fan 180C or Gas Mark 5

Place flour into a bowl and roughly rub in low fat spread.

Stir in the spice, oats and sugar.

Press half the mixture into a foil container or small baking tin.

Scatter the raspberries over the mix.

Cover the fruit with the remaining dry mixture and press down firmly.

Bake in oven for 25-30 minutes or until golden brown.

Leave to cool for 10 minutes. Loosen edge and cut into squares or bars.

Serve with Low fat natural/Greek yoghurt.

Easy Berry Trifle

Ingredients: Serves 4

4 Mini Buns or Small Berry Muffins
200ml Low Fat Readymade Custard and 50g Low Fat Greek Yoghurt (Mixed Together)
100g Frozen Berries (Defrosted)
1 x 200g Greek Yoghurt

To Decorate:
Sprig of Mint (Optional)
1 Small Piece of Eating Chocolate Grated
Reserve 4 Teaspoons of Berries as Topping



Method:

Into 4 glasses (approx 150/200ml/small mug) place broken bits of bun or muffin into bottom.
Add a layer berries.
Add a layer of custard mix.

To Decorate: Add a tsp of Low Fat Greek yoghurt, berries, mint leaf and a dusting of chocolate.

Christmas Shortbread

Ingredients – makes 15 large or 25 small biscuits

200g Butter (Softened)
100g Caster Sugar
250g Plain Flour
1 Tsp Ground Mixed Spice or Cinnamon

Method: Pre-heat Oven 180C/Fan 160C or Gas Mark 4

Cream the butter and the sugar together until it's nice and fluffy.
Add the mixed spice/cinnamon, sieve in the flour and mix well to form a 'dough'.
Remove the mixture from the bowl and roll out until it's about 1cm thick.
Cut out your chosen shapes and place onto a baking tray.
Bake for 10 - 15 minutes or until they just begin to harden leave to cool and enjoy!



Fruity Turkey or Chicken Salad Wrap

Ingredients: Serves 4

4 Large Tortilla Wraps/Pitta Breads
3 Tbsp Low Fat Mayonnaise
3 Tbsp Low Fat Natural/Greek Yoghurt
½ to 1 Tsp Curry Powder
2 Tsp Mango Chutney
300g Cooked Chicken/Turkey
100g Pineapple Chunks

Method:

Mix together the mayonnaise, yoghurt, curry powder, mango chutney, pineapple and chicken.
Spread the wraps with the mixture.
Fold in the end of each wrap and roll up, cut in half and serve with salad.

Top Tip:

Enjoy with a baked potato.
Add some chopped peppers and grated carrot.



Roast Veg Leftovers and Spicy Chickpea One Pot

Ingredients: Serves 4

Christmas dinner leftovers i.e. potatoes, brussels sprouts, carrots, parsnips

1 medium onion

2 cloves of garlic

1 tsp each of cumin and mild chili powder spice

1 (tin) 400g chickpeas

1 (tin) 400g chopped tomatoes

1 tbsp vegetable oil

1 tbsp dried or freshly chopped parsley

Pepper to taste

Method: Pre-heat Oven 200C/Fan 180C or Gas Mark 5

Cut into chunks the leftover vegetables and potatoes.

Peel and dice the onion.

In an ovenproof dish add onion, whole peeled garlic, drained chickpeas and leftover vegetables and potatoes.

Coat with oil and cook in hot oven for 10 minutes.

Take out oven carefully, coat mix with spices.

Add tin of chopped tomatoes and stir gently.

Place lid on dish, place back into oven and cook for a further 30 minutes.

Sprinkle with fresh or dried parsley.

Top tip:

Serve with pasta, rice, garlic baguette or warm pitta bread.

Enjoy a swirl of low fat natural/Greek yoghurt on top.

Use up your leftover turkey or chicken by dicing into chunks and add with spices.

Try other spices - 1 tsp Cajun



Shop Wisely at Christmas & Beyond

Please find some helpful tips to consider when planning your shopping, preparing your meals and storing your food.

Shopping

It can be good to do shopping in advance to avoid the Christmas rush and to give you time to prepare foods in advance.

Check the dates when you're buying fresh foods, and make sure you plan ahead and use them in time.

Buying tinned, dry or frozen foods in advance can help spread the cost.

Most supermarkets have turkey joints or small crowns that are affordable.

Shopping list

Write a shopping list.

Try not to over-buy and don't be tempted by offers for things you don't need.

Check what you have in your cupboards at home to help you make a shopping list.

Meal planning

Plan your meals ahead if you can and try to shop for Christmas Eve, Christmas Day and Boxing Day, making the most of what you have.

Remember you don't have to have turkey, there may be cheaper meats that you can use such as chicken or vegetarian options.

Plan how will you use up any left-over's - see our boxing day recipe sheet.

Freezer tips

Pre-cook some of your Christmas dinner (see note on recipe).

Cool leftover food and freeze within 2 hours.

Use a freezable bag or container for food, label it with the name and date.

Freezer Temperature -18C.



Safe Cooking at Home

Avoid Cross-Contamination

Raw food (e.g. turkey or vegetables) should be separate from ready-to-eat foods. Use separate chopping boards for raw food and ready-to-eat food.

Don't Wash Poultry (Chicken or Turkey)

Washing poultry increases the risk of food poisoning by spreading bacteria around the kitchen.

Wash your Vegetables

Bacteria on vegetables mainly comes from soil therefore rub vegetables under cool water to remove this.

Remember Hand Hygiene

Always remember to wash hands after touching raw food, going to the toilet, touching bins or pets and before you start cooking.

Know your Dates

Food with a "use-by" date should be eaten before this date as it can be dangerous to eat after this.

Food with a "best before" date may not be at its best quality after this date but should be safe to eat.

Leftovers

Cool within 90 minutes, store in a sealed container and place in the fridge.

Use within two days and always when reheating, cook thoroughly until piping hot all the way through.

Don't reheat leftovers more than once. If you want to keep leftovers longer than two days, freeze in a freezer proof container and label with the name and date. Defrost and reheat as above.

Fridge Temperature between 1- 5C.



Guidelines for Safe Storage & Reheating Food at Home

Storage:

All food should be put into a fridge or freezer as soon as possible, ideally within an hour.

If stored in the fridge eat within 2 days.

If stored in the freezer, store for 2 to 3 months, so food is still at it's best to eat.

To defrost, ideally place in bottom shelf of fridge overnight.

Re-heating:

Microwave: Place food in a microwaveable dish and heat until piping hot. Stir well to make sure there are no cold spots.

On Hob: Place in a pan, cover with a lid and heat on medium stirring well until piping hot.

Oven: Place in an ovenproof dish, cover with foil and cook in a pre-heated oven 180-200C/Gas 4-6 until food is piping hot in the middle.

Serve immediately.

NEVER reheat any food more than once.

Please find more information on the Food Standards Website below:

<https://www.foodstandards.gov.scot/consumers/food-safety/at-home/christmas-food-safety-checklist>

Money & Energy Saving Tips

Try swapping turkey for chicken, this can be cheaper and taste just as nice.

Most supermarkets have turkey joints or small crown that are affordable, look in the freezer section. If you buy it frozen, freeze straight away. When ready to use allow 36 hours to thaw in fridge and always cover. Place on the bottom of your fridge in a suitably sized dish.

Look for offers each week in December, cook in advance and pop in freezer.

Frozen vegetables are just as nutritious and are much cheaper, you have some left over for another day and it means less trips to the supermarket.

Save energy by using the whole of your oven while you are cooking.

Roast your turkey or chicken together, put your potatoes, vegetables and your stuffing on another tray in your oven.



Winter Recipes

On the following pages you will find more low cost recipes that are budget friendly and easy to make.

Soups

Carrot and Sweet Potato Soup
Winter Warmer Soup
Leek and Potato Soup

Main Courses

Cottage Pie
Tuna Pasta Bake
Lentil & Vegetable Bolognese
Macaroni and Cheese (Easy Microwave Recipe)
Chicken and Vegetable Pie
Slow Cooker Vegetable and Bean Chili
Vegetable Frittata
Sweet Potato Dhal
Cheese and Pepper Quesadilla

Desserts & Home Baking

Tinned Fruit Crumble
Pineapple and Carrot Muffins
Apple Muffins

Winter Recipes

Tips for Cooking on a Budget

Use the cheapest method of cooking depending on the cooking appliance(s) you have.

If using the hob:

Use the ring that fits the size of pan. (i.e. avoid putting a small pan on a large ring)
Chopping meat and vegetables into smaller sizes will reduce their cooking time and save energy.

Use the minimum amount of water needed when boiling vegetables. Once they are simmering, put a lid on and turn down the heat.

If using the oven:

Use it to cook your entire meal and/or a meal for the following day. (i.e. cook your vegetables in the oven alongside your main dish)

Microwave Ovens:

Microwaves are cheap to run and good for reheating and cooking a variety of foods.

Food for Thought: Money Saving Tips

Meat can be replaced with pulses (e.g. beans, lentils or chick peas) and extra vegetables to bulk out meals.

Tinned foods such as fruit (in juice) not syrup, vegetables (without added salt) and fish (e.g. tuna in spring water) are economical and handy to have in the cupboard.

Frozen fruit and vegetables are often cheaper than fresh and last much longer. They are just as nutritious as fresh products.

Large supermarkets near closing time often reduce the cost of products that are due to expire (many can be frozen at home - before their "Use By" date)

Build up a store cupboard of ingredients that you will use often (e.g. rice, pasta, lentils, tinned tomatoes, herbs and spices)

Always check "Best Before" dates and use items with the shortest dates first.

Soups

Carrot and Sweet Potato Soup

Ingredients: Serves 4

- 1 Tbsp Vegetable Oil
- 1 Large Onion
- 3 Medium Carrots
- 2 Large Sweet Potatoes
- Black Pepper to Season (Optional)
- *1 Vegetable stock cube + 550ml freshly boiled water
- *If serving to babies 6-12 months - leave out the stock cube and use boiled water only**



Method

Peel and chop the vegetables.
Heat the oil in a large saucepan.
Add the chopped onion and cook for 2 - 3 minutes.
Add the carrots and sweet potato.
Boil the kettle, pour water into a measuring jug, crumble in the stock cube and stir until fully dissolved.
Turn down the heat, add black pepper to season (optional).
Mash for a chunkier soup or blend for a smooth soup.
Serve with a wholegrain roll.

Winter Warmer Soup

Ingredients: Serves 4

- 1 Carrot, Peeled and Sliced
- 1 Tbsp Sunflower oil or Vegetable oil
- 1 Onion, Peeled and Chopped
- 1 Tbsp Plain Flour
- 2 Rashers Lean Bacon, Chopped with Scissors
- 300ml Semi-Skimmed Milk
- 1-2 tsp Mild Curry Powder
- *1 Vegetable Stock Cube + 450ml freshly boiled water
- *If serving to babies 6-12 months - leave out the stock cube and bacon and use boiled water only**



Method

On a low heat melt the spread in a medium pan.
Sweat the carrot, onion and bacon in the spread until softened, approx 5 - 8 minutes.
Stir in the curry powder, flour and cook for a further 1 minute.
Gradually add the stock and milk.
Stir continuously until the soup reaches boiling point and thickens.
Reduce heat to simmer, cover with a lid and cook for 20 minutes.
Serve with crusty bread or rolls.

Top Tip:

Add some butter beans to make this soup more filling. Leave out bacon if desired.

Leek and Potato Soup

Ingredients: Serves 4

500g Potatoes

2 Large Leeks

2 Tbsp Vegetable oil

1 Tsp Mixed Herbs (optional)

Pepper to Season (optional)

★ 1 Vegetable Stock Cube + 800ml freshly boiled water

★ **If serving to babies 6-12 months - leave out the stock cube and use boiled water only
In method**

Method

Cut top and bottom of leek, slice down middle of leeks, then slice across thinly by holding carefully together, then wash in a colander.

Peel potatoes, rinse and cut into small chunks.

Heat oil on a low heat in a large pan.

Add leeks and stir gently, cook for 5 minutes.

Boil the kettle, pour water into a measuring jug, ★crumble in the stock cube and stir until fully dissolved.

Add potatoes, herbs and pepper. (if using)

Bring to the boil, stir, then turn down heat to simmer, place lid on pan and cook for 30 minutes.



Main Courses

Cottage Pie

Ingredients: Serves 4

1 Tbsp Vegetable Oil
500g Lean Minced Beef (5% Fat)
1 Large Onion
2 Medium Carrots
1 Medium Parsnip or ½ Swede (Turnip)
500ml Boiling Water + 1 Beef or Vegetable Stock Cube
½ Tsp Worcestershire Sauce (Optional)
2 Tbsp Tomato Puree (Optional)
5 Large Potatoes (1kg)
5 Tbsp Semi Skimmed Milk (75ml)

Method: Pre-heat Oven 200C/Fan 180C or Gas Mark 6

Peel and finely chop the onion .

Heat the oil in a pan, add the onion and cook for 2 - 3 minutes.

Add the mince increasing the heat and stirring well, browning for 3 - 5 minutes.

Wash, peel and chop the carrots, parsnip or swede (turnip) and add to the mince with the Worcestershire sauce and tomato puree.

Make the stock using boiling water and a crumbled stock cube, stir well then add to the pan stirring again.

Cover and simmer gently for 30 - 40 minutes, until beef is tender.

Meanwhile wash, peel and chop the potatoes into similar sized pieces, add to a pan, cover with boiling water from kettle, bring to the boil, turn down the heat and allow to simmer for 20 minutes.

Test potatoes with a knife to check they are soft in the centre.

Drain off the water and mash with the milk using a potato masher.

Pour the mince into an ovenproof dish then top with a layer of mashed potato.

Bake in the oven for 25 - 30 minutes.

Serve with green vegetables e.g. broccoli, green beans, cabbage or peas.

Top Tip:

Try using sweet potatoes for the topping instead of potatoes.



Tuna Pasta Bake

Ingredients: Serves 4

1 x 300g Pasta
1 Large Red/Yellow Pepper
3 or 4 Spring Onions
2 x 180g Tinned Tuna
1 x 400g Tinned Mixed Beans
2 x 400g Tinned Chopped Tomatoes/Passata
2 Tsp Dried Mixed Herbs
150g Mozzarella or Cheddar Cheese

Method: Pre-heat Oven 200C/Fan 180C or Gas Mark 6

Cook pasta in boiling water for 8 - 10 minutes.
Drain and place in a large mixing bowl.
Wash and finely chop pepper & spring onions.
Drain the beans and tuna.
Add to the cooked pasta with the tinned tomatoes/passata and herbs.
Mix together well.
Pour into a large oven proof dish and sprinkle over the grated cheese.
Bake for 25 - 35 minutes until golden.



Lentil and Vegetable Bolognaise

Ingredients: Serves 4

1 Tablespoon Vegetable Oil
1 Medium Onion
2 Garlic Cloves
1 Red Pepper
1 Large Carrot
150g Mushrooms
1 x 400g Tinned Green Lentils
2 x 400g Tinned Chopped Tomatoes
1 Tbsp Tomato Puree (Optional)
2 Tsp Mixed/Italian Herbs
1 Pinch Ground Black Pepper
300g Dried Pasta e.g. Spaghetti/Penne/Twirls/Shells

Method:

Peel and chop the onion.

Wash and chop the pepper and mushrooms.

Peel and grate the carrot.

Finely chop or crush the peeled garlic.

Heat oil in a medium pan and add the onion. Allow to cook for a few minutes stirring well.

Stir in the garlic, mushrooms, peppers and carrot.

Drain the lentils in a sieve and rinse with cold water.

Add to the pan with all the remaining ingredients, bring the sauce to the boil, stir then cover and turn down the heat. Simmer gently for 30 - 40 minutes. Stirring occasionally.

Meanwhile bring a large pan of water to the boil, stir in the pasta and cook for 10 minutes, drain & serve topped with the Bolognaise Sauce and a little grated (parmesan) cheese.

Top tip:

To make this a 'hidden' vegetable sauce - mash well with a potato masher or use a hand blender.



Macaroni and Cheese (Easy Microwave Recipe)

Ingredients: Serves 4

200g Macaroni/pasta shapes
100g grated low fat mature/strong Cheddar
1 Tsp Mustard – adds flavour (optional)
6 Tsps Cornflour
600mls Semi-skimmed Milk

Method

Safety Note: Always use oven gloves to remove dishes from microwave.
Check power of microwave: If it's lower you will need to cook food for longer.
Recipe is based on a 900 watt powered microwave.

To Cook Pasta In the Microwave

Place macaroni in a large heatproof bowl and cover with boiling water or use a microwave deep dish with room for water to boil and make sure the water is about 1 inch above pasta. Cover with a heavy dinner plate if no lid and cook on **HIGH** for 2 minutes, then another 3 minutes, allow to stand for 5 minutes. Drain, place back into dish, drizzle with oil, stir and place lid back on until ready to use with sauce.

On the Cooker

Cook pasta as per instruction on packet, drain, add back to pan, stir, drizzle with oil place lid on pan until ready to add sauce.

To Make Sauce

Keep some cold milk for cornflour paste, mix 6 tsp cornflour with 50 ml cold milk, stir with a metal spoon to get smooth.

Put 550ml of milk into a large jug or medium bowl.

Cook on HIGH for 1 minute.

Remove from heat, add cornflour paste stirring frequently and whisk.

Cook for a further 3 - 5 minutes, stir frequently.

When sauce is smooth and thick, stir in the cheese and mustard, cook for a further 2mins, stir and then let it stand.

Pour the sauce over pasta, place in serving dish, sprinkle cheese over and grill to brown.

Top Tip:

Any leftover cooked vegetables, just add into pasta and stir in sauce: red peppers, broccoli or leeks go well.



Chicken and Vegetable Pie

Ingredients - Serves 4

2 Large Chicken Breasts
1 Bunch Spring Onions or 1 Leek
150g Mushrooms
1 Tbsp Sunflower Oil
2 Tbsp/30g Plain Flour
550ml Semi-skimmed Milk
180g/1 Small Tin of Sweetcorn
1/2 Sheet Ready Rolled Puff Pastry

Method: Pre-heat Oven 220C/Fan 210C or Gas Mark 7.

Wash and finely chop your spring onions or leek and slice mushrooms.
Dice chicken and fry in sunflower oil for 5 - 10 minutes. Add onion/leek and mushrooms, cook for further 5 minutes.
Stir in plain flour and gradually add milk stirring continuously until sauce thickens (5 - 10 minutes).
Stir in sweetcorn then pour into your pie dish.
Brush top edge of dish with milk then lay pastry sheet on top, press along the edge with your finger then trim off any excess pastry. Make a slit in centre. Brush with egg/milk.
Cook for 15 - 20 minutes on top shelf until golden brown.

Top Tip:

Instead of the puff pastry, try with mashed potato.
Take 1kg potatoes. Peel, chop & boil in water for 15-20 minutes.
Add 100ml milk and mash well.
Spoon over the chicken mixture, then smooth out with the back of a fork.
Cook as for the pastry pie above.



Slow Cooker Vegetable & Bean Chilli

Ingredients: Serves 6

- 2 Tbsp Vegetable Oil
 - 1 Onion, Peeled and Chopped
 - 1 Courgette, Washed and Chopped
 - 1 Large Carrot, Peeled and Chopped
 - 2 Peppers (1 Green/1 Red) Washed, Remove Seeds and Sliced
 - 4 Mushrooms Washed and Sliced
 - 2 Cloves of Garlic, Peeled and Grated or 2 Tsp Garlic Paste
 - 2 x 400g Tinned Tomatoes
 - 1 x 400g Tinned Kidney Beans, Drain and Rinse
 - 1 x 400g Tinned Mixed Beans, Drain and Rinse
 - 2 Tbsp Tomato Puree
 - Pinch of Black Pepper to Taste
 - 2 Tsp Cumin Powder
 - 1 or 2 Tsp Mild Chilli Powder
 - 1 Tsp Dried Mixed Herbs or Oregano
 - * ¼ Vegetable Stock Cube + 150ml freshly boiled water
 - * If serving to babies 6-12 months - leave out the stock cube and use boiled water only**
- In method**



Method:

Heat oil in frying pan, add onions, peppers, carrot, courgette. Stir and cook for 8 minutes until softened. Then stir and coat vegetables with spices. Cook for 2 minutes on a medium heat. Add mushrooms and cook for 1 minute.

Place vegetable mix into slow cooker with beans, tomatoes, and tomato paste, stock and black pepper. Then stir with a wooden spoon.

Cook for 3 - 4 hours on low setting. Remember do not remove lid until cooking time is up.

Serve with brown or white rice (basmati or easy cook), wraps, pitta or baked potato.

Cooking rice, easy rule to follow for serving size: one mug of uncooked rice serves 4 people or 1 mug of cooked rice serves one.

Enjoy with natural yoghurt and some grated cheese on top.

Top Tips:

Add other vegetables, e.g. aubergines, butternut squash, sweetcorn.

As it can make a large batch, portion up and place in a freezable container or bag, name and date on label.

When ready to use defrost thoroughly, then sprinkle some cheese over dish and place in the oven for 25 minutes at 190C or Gas mark 6.

Keeps for 3 days, cool within 90 minutes, store in fridge or freezer in a sealed container, reheat in an ovenproof dish to 190C or Gas mark 6.

Vegetable Frittata

Ingredients: Serves 4-6

6 Large Eggs
120mls Semi-skimmed Milk
1 Red Pepper
1 Large Courgette
2 Handfuls Sweetcorn or Peas
100g Low Fat Mature Cheddar Cheese

Method: Pre-heat Oven 200C/Fan 180C or Gas Mark 5

Grease and line a large deep baking tray.
Whisk the eggs and milk together in a large bowl.
Wash and finely chop the red pepper.
Wash and grate the courgette.
Grate the cheese.
Mix the courgette, red pepper, sweetcorn and grated cheese into the egg mixture.
Pour into your baking tray and bake for 25 - 30 minutes until golden and egg cooked through.

Top Tip:

To reduce food wastage and save money, you can make this recipe using leftover cooked vegetables and potatoes.



Sweet Potato Dahl

Ingredients: Serves 4

1 Tbsp Vegetable Oil
1 Large Onion
1 Garlic Clove, Crushed
Thumb Sized Piece Ginger
1Tsp Dried Chilli Flakes or 2 Fresh Chillies
2 or 3 Sweet Potatoes (About 400g)
250g Red Split Lentils
120g Bag of Spinach
*1 Vegetable Stock Cube + 600ml freshly boiled water
* If serving to babies 6-12 months - leave out the stock cube and use boiled water only
In method

Method:

Peel and finely chop the onion, garlic and ginger.
Wash and finely chop the chilli.
Peel and chop the sweet potatoes into even sized chunks.
Heat the oil in a large saucepan, add the onion and cook over a medium heat for 3 - 5 minutes.
Stir in the garlic, ginger and chilli cooking for 1 - 2 minutes.
Rinse the lentils through a sieve with cold water.
Add to the pan with the sweet potato chunks and water or stock and bring to the boil, stirring well.
Cover with a lid, turn the heat down low and allow to simmer gently for 30 minutes, stirring occasionally.
Stir in the spinach and cook for a further few minutes.
Serve warm with chapattis/wraps or pitta breads.

To Serve: 4 x Chapattis/Wraps or Pitta Breads.



Cheese and Pepper Quesadilla

Ingredients: Serves 4

2 Red Peppers
1 Red Onion
4 Tomatoes
8 Tortilla Wraps
100g Low Fat Cream Cheese
50g Edam Cheese
Pinch Mild Chilli or Cajun Spice

Method:

Finely slice the red peppers and onion, dice the tomatoes and gently fry in a little oil until softened.

Add spice and stir well.

Remove from heat to cool slightly.

Spread low fat cream cheese onto four of the tortillas, divide the red pepper mix between them.

Grate the cheese and sprinkle over.

Top with the remaining tortillas.

Heat a griddle or frying pan, cook the sandwiches one at a time for a few minutes on each side.

Take care when turning them over.

Serve with natural yoghurt and a tomato salsa.



Desserts & Home Baking

Tinned Fruit Crumble

Ingredients: Serves 4+

3 Tins Peaches or Pears in Juice (not syrup)
180g Plain Flour
4 Tbsp Porridge Oats
4 Tbsp (50g) Sugar
4 Tbsp (50g) Vegetable Spread
1 or 2 Tsp Ground Cinnamon (Optional)



Method: Pre-heat Oven 200C/Fan 180C or Gas Mark 5

Drain the canned fruit and chop into pieces.
Spread on the bottom of a large ovenproof dish.
Place the flour, sugar and cinnamon in a bowl.
Add the sunflower spread and 'rub in' gently with your fingertips until it looks like breadcrumbs.
Cover the fruit with the crumble topping.
Bake for 30 - 35 minutes or until crumble is golden.

Top Tip:

Serve with low fat natural/Greek yoghurt.

Pineapple & Carrot Muffin

Ingredients: Serves 18

225g Self Raising Flour
2 Tsp Ground Cinnamon
180ml Vegetable Oil
120g Caster Sugar
3 Eggs
2 Medium Carrots
225g Tinned Pineapple in Juice (not syrup)



Method: Pre-heat Oven 180C/Fan 160C or Gas Mark 4

In a large mixing bowl beat together the oil, sugar and eggs until well blended.
Peel and finely grate the carrot and drain and chop or crush the pineapple into small pieces.
Stir both into the egg mixture.
Sift the flour & cinnamon together and add to the bowl, mixing well with a wooden spoon.
Place muffin cases in a bun tray or muffin tray then mix into muffin cases and bake for 20 - 25 minutes or until springy to touch or golden.

Top Tip:

Freeze some for another day, warm up and serve with Greek yoghurt.

Apple Muffins

Ingredients: Makes 9 or 12 small

270g Plain Flour
3 Tsp Baking Powder
60g White Sugar
1 Egg
240mls Semi-skimmed Milk
2 Apples peeled, core and finely diced
90mls Vegetable Oil
½ Tsp Cinnamon (optional)

Method: Pre-heat Oven 200C/Fan 180C or Gas Mark 5

Prepare muffin tin pop cases into hole or lightly grease with spread and flour for non stick trays.
In a large bowl sift together the flour, baking powder and sugar.

In another bowl, beat the egg with a fork, stir in the milk, followed by chopped or grated apples and melted low fat spread or oil.

Pour all of the wet mixture into the dry mixture. Stir until combined do not beat.

The batter can be thicker than most.

Apple releases juice as it cooks.

Spoon into muffin cases, fill to about 2/3rds full and bake for about 20 - 25 minutes until the tops are lightly browned and spring back when pressed gently.

Top Tip:

Swap apples for pears or blueberries.

For a plain muffin leave out the fruit and spice.

Use for a trifle base.



Financial Health & Wellbeing

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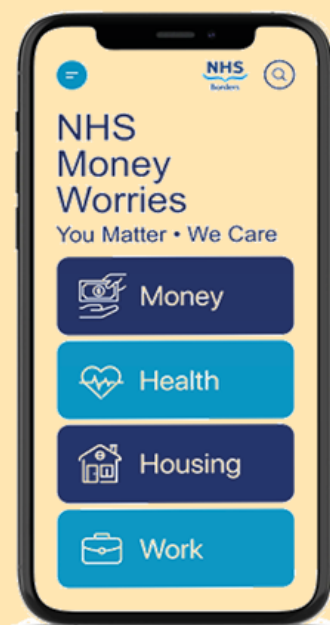
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NHS Borders Money Worries App
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Contacts & Web Links

Food & Nutrition:

The British Heart Foundation and Parent Club websites are great and you can find further information on other topics on their menu page.

<https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/healthy-eating-winter-tips>

<https://www.parentclub.scot/topics/food-eating>

Health & Social Support:

Cost of Living Crisis Advice & Support:

Dedicated pages to provide information, advice and support during the cost of living crisis.

https://www.scotborders.gov.uk/info/20000/benefits_and_grants/1240/cost_of_living_crisis_support

Community Assistance Hubs:

Hubs are operating from central locations in Berwickshire, Tweeddale, Cheviot, Teviot, Liddesdale and Eildon.

Contact by phoning this number:

0300 100 1800 or use the web link below for more information.

https://www.scotborders.gov.uk/info/20014/social_care_and_health/1019/community_assistance_hubs

NHS Inform:

www.nhsinform.scot

NHS Borders Wellbeing Point:

www.nhsborders.scot.nhs.uk/wellbeingpoint

Advice on Heating Your Home:

Changeworks:

www.changeworks.org.uk

Home Energy Scotland:

www.homeenergyscotland.org

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